Unveiling the power of a misunderstood antioxidant: “The Vitamin E Factor” by Andreas Papas

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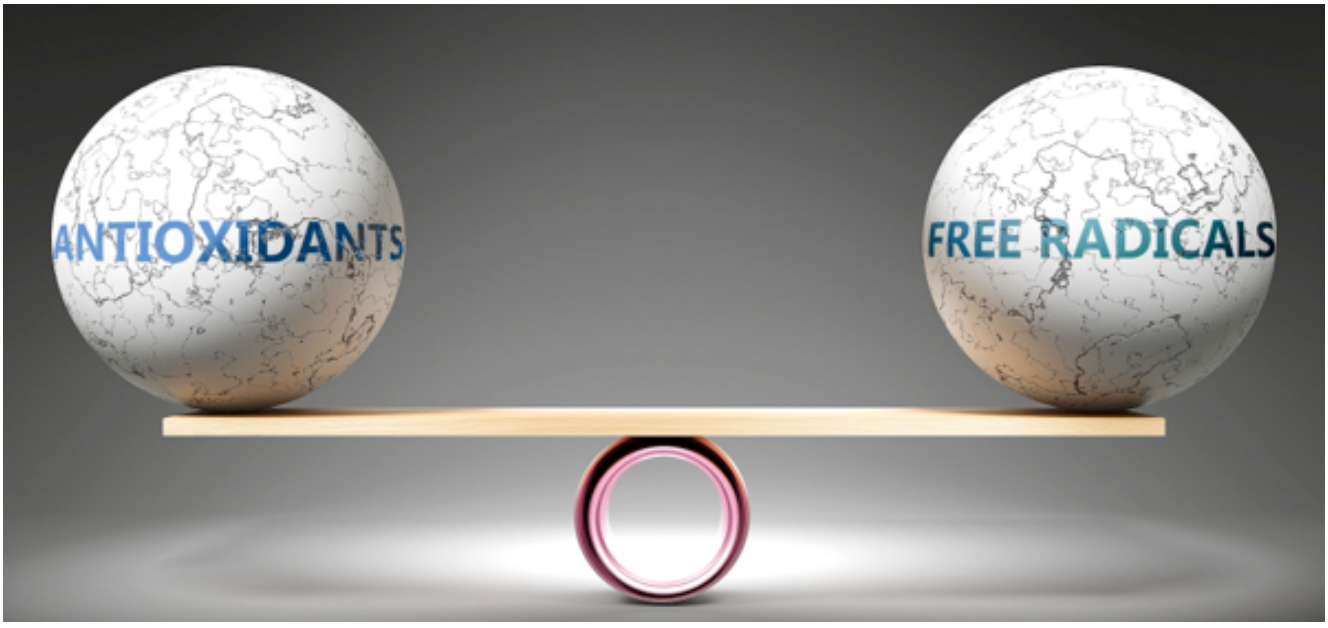

- "The Vitamin E Factor" by Andreas Papas traces the history of Vitamin E from its accidental discovery in 1922 at the *University of California, Berkeley* by researchers Herbert M. Evans and Katharine S. Bishop, who identified it as "Factor X" essential for reproductive health in rats.

- Vitamin E is not a single entity but a family of eight compounds, including tocopherols and tocotrienols. Each compound has unique properties and benefits, with gamma-tocopherol being effective against nitrogen radicals and tocotrienols showing promise in heart health by slowing cholesterol synthesis.

- The book revisits the controversial claims of the Shute brothers, who argued that Vitamin E could treat heart disease. While initially met with skepticism, their work laid the groundwork for later research. Studies like the Nurses' Health Study and the Health Professionals Follow-up Study have since shown a strong link between Vitamin E intake and reduced heart disease risk, though the full potential of different Vitamin E compounds is still being explored.

- Papas emphasizes the importance of considering the entire spectrum of Vitamin E compounds, not just alpha-tocopherol. He recommends supplements that include all eight compounds in their natural, non-esterified form for better bioavailability and effectiveness.

- For healthy individuals, Papas suggests a daily intake of 100 IU of natural d-alpha-tocopherol plus 100 milligrams of other tocopherols and tocotrienols. Those at higher risk are advised to increase their intake to 200 IU plus 200 milligrams. He also recommends water-soluble Vitamin E (TPGS) for individuals with absorption issues.

A new book by Andreas Papas, PhD, titled "The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging," delves deep into the multifaceted world of this enigmatic nutrient.

The book not only explores the historical journey of Vitamin E from its serendipitous discovery to its current status as a potential game-changer in disease prevention but also challenges conventional wisdom by advocating for a more holistic understanding of its benefits.

The story begins in 1922 at the *University of California, Berkeley*, where researchers Herbert M. Evans and Katharine S. Bishop stumbled upon a mysterious substance they dubbed "Factor X." While experimenting with laboratory rats, they observed that a diet lacking certain nutrients led to reproductive issues.

It wasn't until they introduced fresh lettuce and wheat germ into the rats' diet that healthy offspring were born. This mysterious "Factor X" was later identified as Vitamin E, a discovery that would set the stage for decades of research and debate.

Initially, Vitamin E was humorously labeled the "sex vitamin" due to its role in reproduction, a misconception that overshadowed its broader potential for years. However, as Papas meticulously outlines, Vitamin E is not a single entity but a family of eight compounds, divided into tocopherols and tocotrienols. Each of these compounds has unique properties and benefits, a fact that has been largely overlooked until recently.

For instance, gamma-tocopherol, often overshadowed by its more famous sibling alpha-tocopherol, is particularly effective in combating nitrogen radicals linked to chronic diseases such as arthritis, multiple sclerosis and Alzheimer's. Similarly, tocotrienols have shown promise in slowing down the activity of a liver enzyme crucial for cholesterol synthesis, potentially offering significant benefits for heart health.

The book also revisits the controversial claims made by the Shute brothers, Evan and Wilfrid, in the mid-20th century. They asserted that Vitamin E could treat heart disease, a notion that was met with skepticism and even ridicule by the mainstream medical community.

Despite the initial backlash, their work laid the groundwork for future research. Today, the link between Vitamin E and heart disease is much stronger – although much remains to be understood, particularly in treating advanced stages of the disease.

Papas highlights the surge in clinical studies during the 1990s, such as the Nurses' Health Study and the Health Professionals Follow-up Study, which showed a strong association between high levels of Vitamin E intake and a reduced risk of heart disease. Other studies have suggested benefits for conditions ranging from Alzheimer's to cancer. However, Papas emphasizes that most of these studies focused on alpha-tocopherol, neglecting the potential of other tocopherols and tocotrienols.

"The key takeaway is that we need to consider the whole team, not just alpha-tocopherol," Papas states emphatically. He recommends choosing supplements that contain all eight compounds in their natural, non-esterified form, as these are more bioavailable and effective in the body.

For those convinced of Vitamin E's potential, Papas offers practical advice. For healthy individuals, he suggests a daily intake of 100 IU of natural d-alpha-tocopherol plus 100 milligrams of other tocopherols and tocotrienols. For those at higher risk, he advises

increasing the intake to 200 IU plus 200 milligrams. For individuals with absorption issues, he recommends supplements containing TPGS, a water-soluble form of Vitamin E that can be absorbed even when bile production is poor.

In conclusion, "The Vitamin E Factor" is a compelling exploration of a nutrient that has been both revered and misunderstood. Papas' work challenges readers to rethink their approach to Vitamin E, advocating for a more comprehensive understanding of its potential. As with any supplement, he emphasizes the importance of doing thorough research and consulting with a healthcare professional before making any changes to one's regimen.

Learn more about Andreas Papas' book "The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging" by watching the video below.

BrightLearn - The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment

This video is from the BrightLearn channel on *Brighteon.com*.

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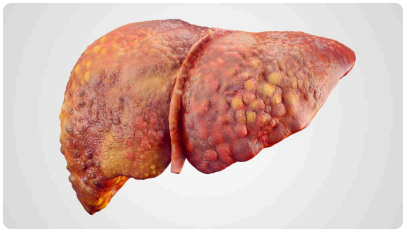

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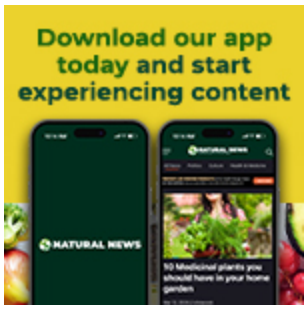

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